



## Infantry training reinforces leaders' combat skills

By Sgt. Aimee Millham  
USAREUR Public Affairs Office

HOHENFELS, Germany : On a battlefield where the enemy attacks anytime, anywhere and anyone, every Soldier from clerk to logistician has to be ready to fight.

In the reality of waging an anti-insurgency war, "Everyone's a rifleman," said Maj. Anthony Lugo, 173rd Airborne Brigade Combat Team fire support officer.

Lugo was the project manager for Omega Training, a four-day event that brought together senior leaders from the 173rd ABCT to refresh the basic combat skills every Soldier needs to stay alive downrange.

"I want them to know the basics so they can secure themselves, and I can do my job," said Capt. Josh McGary, a 173rd infantry company commander, referring to his non-infantry comrades training with him in early October at the Joint Multinational Readiness Center, Hohenfels, Germany.

The event, which was for commanders, first sergeants, staff officers and senior noncommissioned officers, was the first of its kind for the 173rd. The training included learning how to conduct a patrol and clear a building, and also reviewed deceptively simple tasks like how to safely cross a road.

"Stay away from the center of the road, and avoid intersections," said Capt. Tom Bostick, a 173rd infantry company commander. "That's the kill zone."

Tips like these demonstrated the reasoning behind the training plan, according to Lugo. The 95 paratroopers, all from different military specialties, were mixed together and split into six squads to learn from each other as they cleared buildings and carried out dismounted patrols.



Soldiers of the 173d Airborne Brigade Combat Team assault a building during Omega Training at the Joint Multinational Training Center, Hohenfels, Germany, Oct. 4.

"Really, they're mostly learning from us infantrymen," McGary said with a chuckle.

Aside from reviewing tactical skills, the event gave leaders a chance to fine-tune several of the unit's standard operating procedures for various combat situations, said Col. Charles A. Preysler, 173rd ABCT

commander, who designed the training event.

"We're addressing the issues with our SOPs, since everyone has different ideas on how to do things," the colonel said.

These differences include variances in the way commanders conduct convoy operations or how to move from a wood-line to a building they're about to raid, Bostick said. Deciding which way is the "right way" during training could save lives in a combat situation.

"We had a vehicle break down on us during a supply run in the middle of a main street in Fallujah," said Capt. John Thyng, a 173rd logistician. "I really could've benefited from this training at that moment."

The event not only gave 173rd leaders basic combat skills training, it also served as a chance for many of the unit's leaders to meet fellow officers and senior NCOs for the first time.

As a result of its recent transformation to a six-battalion brigade from a three-battalion brigade, the 173rd has a number of new troops, with units stationed in both Germany and Italy.

Omega was part of a series of training events that will ensure the newly transformed brigade is ready for future deployments by June 2007, Preysler said.

"We don't have orders yet," he said. "But we'll be ready when they come."



Soldiers of the 173d Airborne Brigade Combat Team provide covering fire while preparing to assault a building during Omega Training at the Joint Multinational Training Center.

## Help Make a World of Difference

From Maj. Gen. Frank G. Helmick  
SETAF Commander

Dear Vicenza Community,

I am pleased to serve as chair of the 2006 Vicenza Military Community Combined Federal Campaign-Overseas.

The CFC-O gives you and every military and civilian employee the opportunity to join together and support the charitable organization of your choice.

SETAF servicemembers and civilians in Italy raised \$112,000 in the 2005 CFC-O.

These funds supported many national and international participating charities.

Many of you have experienced and understand the hardships some must endure. The CFC-O affords you the opportunity to help people in need through programs that will truly *Make a World of Difference*.

This year's CFC-O contributor brochure lists approximately 2,000 organizations from which to choose. At one time or another one of these charities may have helped you, your family, or a friend.

The CFC-O theme, *Make a World of Difference*, underscores the fact that we have the power through our collective contributions to make a positive difference in overseas military communities, our nation



Maj. Gen. Frank G. Helmick

and the world. Please take a moment today to complete your 2006 CFC-O pledge card and give generously to the charitable organization of your choice.

The 2005 CFC-O was a record-breaking campaign and I am confident that the 2006 campaign will even further raise the bar.

Thank you for your generous support – your gift will provide critical assistance to people in need.



## October is Disability Employment Awareness month Americans with disabilities: Ready for the global workforce

Submitted by Cynthia Pierson  
SETAF and USAG Vicenza Equal  
Employment Opportunity officer  
Special to the Outlook

"Americans with Disabilities: Ready for the Global Workforce" is the 2006 National Disability Employment Awareness Month theme.

Congress enacted Public Law 176 in 1945 establishing October as the month to recognize the contributions Americans with disabilities are making in the workplace and to increase awareness of the employability of individuals with disabilities.

This year's theme reflects the fact that increasing the opportunities for Americans with disabilities in the workforce can produce far-reaching positive results for employers.

According to the Department of Labor, by the year 2014, 36 million people are expected to leave their jobs and will need to be replaced, said Cindy Pierson, SETAF and USAG Vicenza Equal Employment Opportunity officer.

Hiring people with disabilities can help meet those challenges as there are more-educated and better-prepared workers with disabilities than ever before, according to Pierson.

"What is a disability?" An individual with a disability is a person who has a physical or mental impairment that substantially limits one or more major life activities; has a record of such an impairment; or is regarded as having such an impairment.

Major life activities are basic activities that an average person can perform with little or no difficulty, such as eating or caring for oneself.

For example, diabetes is becoming more common in the U.S. with approximately one million new cases diagnosed each year.

Although diabetes cannot be cured, it can be managed. Some people control their diabetes by eating a balanced diet, maintaining a healthy body weight, and exercising regularly.

Many individuals, however, must take oral medication and/or insulin to manage their diabetes.

The reality is that because many individuals with diabetes work with few or no restrictions, their employers do not know they have the condition.

Some employees tell their supervisors they have diabetes because they need a "reasonable accommodation" a change or adjustment in the workplace to better manage and control their condition.

Most of the accommodations requested by employees with diabetes such as regular work schedules, meal breaks, a place to test their blood sugar levels or a rest area do not cost the organization anything to provide.

Diabetes also is a disability when it causes side effects or complications that substantially limit a major life activity.

Even if diabetes is not currently substantially limiting because it is controlled by diet, exercise, oral medication, and/or insulin, and there are no serious side effects, the condition may be a disability because it was substantially limiting in the past (i.e., before it was diagnosed and treated).

Finally, diabetes is a disability when it does not significantly affect a person's everyday activities but the employer treats the individual as if it does.

Under the ADA, the determination of whether an individual has a disability is made on a case-by-case basis.

For more information on diabetes in the workplace, visit the Web site: [eeoc.gov/facts/diabetes.html](http://eeoc.gov/facts/diabetes.html), or contact the Equal Employment Opportunity office at 634-7976.

## Vaughn to command HHC



Capt. Gerald D. Vaughn (left) takes the U.S. Army Garrison Vicenza guidon from Col. Virgil S.L. Williams, USAG Vicenza commander, signifying his acceptance to take command of USAG Vicenza Headquarters and Headquarters Company, during the change of command ceremony held on Hoekstra Field Friday. Vaughn replaces Capt. Jesus R. Gonzalez, who led HHC upon return from Operation Iraqi Freedom II in Decembewr 2004. Vaughn comes to the garrison from the SETAF G4 where he served as the transportation officer.

### Nutrition Tip from WIC Overseas

*Is a low-carb diet sensible? It is important to remember that your body needs carbohydrates to function normally. The problem comes with convenience and snack foods that are low in fiber and high in fat. Opt for whole grains and combine them with healthy fats and lean protein for optimal absorption.*

**WIC is a nutrition and supplemental food program.  
Call WIC Overseas at 634-6258 for more information.**

## Community Action Council

This forum is to discuss issues affecting the community.

If you have an issue you wish to submit, visit the USAG Vicenza Web site at [www.usag.vicenza.army.mil](http://www.usag.vicenza.army.mil) and click on the Community Action Council link.

This link provides you the opportunity to review issues that have been previously submitted and responded to by post agencies.

There is also a form available for you to submit any new issue you would like addressed. If you have questions, call 634-5222 or 0444-71-5222 from off post.

The command encourages you to identify yourself when submitting a CAC issue in order to be able to answer your concern directly.

The command also reminds the community that CAC issues submitted containing vulgar, derogatory or inflammatory language will not be addressed.

Childcare is offered during the CAC at \$4 per hour, per child, for children ages 6 weeks old through kindergarten from 8:45-11:15 a.m. Preregistration is required.

Children will be cared for in the Child Development Center, building 395. Children must be registered with Child and Youth Services Central Registration.

Call 634-7219 or stop by their location in the Davis Family Readiness Center.

The next CAC will be Oct. 25 beginning at 10 a.m. in the Ederle Theater.

**Issue:** *Is it true that there is no teacher for the new pre-school program? Do we register for the program and then sit on a waiting list?*

**Response from Directorate of MWR:** At the time of this question, the applicant who had been hired to teach the part-time preschool program had just quit suddenly to accept another position.

As a result, per the writer's request, preschool registration was been rescheduled for Aug. 17 and the position was open for recruitment.

In the meantime, another applicant has been hired to teach the part-time preschool program.

We hope there will be enough space for everyone who registers for this program, however, space is limited and will be provided on a first-come, first-serve basis.

If we do run out of space, interested families may either register for the part-day preschool program, provided space is available in that, and/or be placed on a waiting list for the program of their choice.

Children registering for these programs must already be fully registered with CYS. The CYS registration office is located in the Davis Family Readiness Center, bldg. 108.

**Issue:** *At today's CAC meeting (July 26) a DPW representative addressed the question of whether current Villaggio residents would be asked to move out of their homes in the near future for the proposed demolition in order to build the new school.*

*While I was impressed with all the new things in the plans for the post, frankly, they will not affect my family because they are so far in the future.*

*Those of us in the homes allegedly scheduled for demolition, specifically those of us set to PCS in the summer of 2007, are very concerned about whether we will be asked to move out in the months prior to our PCS date.*

*The DPW representative did not address the actual question at all.*

**Recommendation:** *Could the Housing Office please provide Villaggio residents with a concrete answer on when, or if, we will be asked to move?*

*Speaking for many of my neighbors, I can tell you that asking us to move prior to our summer 2007 PCS dates seems ridiculous at worst, unfeasible at best. We will be very unhappy should this occur. Either way, we deserve to know what the proposed timeline is.*

**Response from the Directorate of Public Works:** By Aug. 1, 2007, 100 Villaggio Army family housing units are programmed for turnover to a contractor to be demolished in order to make way for a DoDDS Elementary and Middle School project.

Accordingly, all 100 units must be vacated well before the end of July 2007.

Most of the families who were living in one of these units during the recent Afghanistan deployment and Spring 2006 reintegration cycle have emptied the units via normal PCS attrition this summer and, the rest will leave next summer.

Approximately 40 families rotated out Caserma Ederla over this summer, and approximately an additional 47 families will rotate out the summer of 2007.

Those remaining assigned families, with a DEROS date beyond the summer of 2007, will be relocated to government-leased housing or private rental housing through a government-paid move.

The Housing Office will work closely with those families, on an exception basis, to find alternative housing months in advance of the turnover date.

The primary use of vacated units in the

target demolition area will be temporary assignment.

This category basically involves arriving families who are seeking private rental housing, who have been on TLA in a hotel, for 30 days, but have not yet occupied private rental quarters.

By regulation, after 30 days, these families will be assigned to government-controlled quarters (Villaggio or leased), "if" available, until they can move into a private rental unit.

In this instance, household goods delivery will be delayed until private rental quarters are secured, however complete government furnishings support will be provided and hold baggage may be delivered to the temporary unit.

Families arriving in Vicenza with pets may also find temporary assignment to an available vacated demolition unit preferable to staying in a hotel, while they seek permanent housing.

Alternatively, arriving families may elect voluntary assignment to a vacated Villaggio demolition unit for a minimum period of six months, assuming a unit is available in their pay grade and bedroom category.

Choosing this course of action will permit delivery of household goods and a subsequent government paid move at a later date. No assignments of this type will be made after December 2006.

**The next Community  
Action Council  
meeting will be Oct. 25,  
at 10 a.m. in the Ederle  
Theatre.**



# Army ROTC *Green to Gold* active duty option program news

From the SETAF G-1 office  
*Special to the Outlook*

The Reserve Officer Training Corps Green to Gold active duty option program provides eligible, active duty enlisted Soldiers an opportunity to complete a baccalaureate degree or graduate degree and be commissioned as Army officers upon receiving the appropriate degree.

The “Green to Gold” ROTC Scholarships for academic School Year 2007-2008 can be awarded to all Soldiers located in Vicenza, Bamberg and Schweinfurt.

Maj. Gen. Frank G. Helmick, SETAF commander, will chose three Soldiers from applications received for ROTC scholarships.

Once selected, the Soldier will have the option to terminate his or her active duty status and attend school full time, or compete for the ROTC Green to Gold active duty option program.

Should the chosen Soldier opt to terminate his or her active duty status, he or she will discharged from active duty for the sole purpose of enrolling as an Army ROTC scholarship cadet. Soldiers selected must have no more than two academic years remaining to complete a baccalaureate or graduate degree.

The ROTC scholarship will provide financial assistance toward college tuition and educational fees, OR room and board, whichever is chosen by the student. Financial assistance is awarded for two years, and includes:

- ♦ \$900 per year for books and supplies for two years.
- ♦ A monthly stipend up to \$400 per month, depending on their academic status, up to ten months per year.
- ♦ Serve in the military for a period of

eight years. This may be formed as four years of active duty followed by service in the Army Reserve National Guard, U.S. Army Reserve, or Individual Ready Reserve, or as eight years of service in an ARNG or USAR Troop Program Unit

Should the chosen Soldier opt to remain on active duty in their current rank, the following applies:

- ♦ Cadet is not eligible for the scholarship benefits outlined above.
- ♦ Cadet receives full active duty pay, allowances and other authorized benefits while in the program (up to 21 consecutive months or a maximum of 24 months, if approved by cadet command).
- ♦ Soldiers selected are responsible for their educational expenses; e.g., tuition, books, and fees.
- ♦ Soldiers selected may utilize any portion of the Montgomery GI Bill/Army College Fund benefits they have earned since entering the military. However, Soldiers selected to participate in this program are not authorized to use tuition assistance.
- ♦ Serve in the military for a period of eight years. This includes serving on active duty for three years, followed by service in the ARNG or USAR or the IRR.

All applications for School Year 2007/08 must be received by the SETAF G1 office no later than Jan. 31. The SETAF G1 office is located in bldg 3, on the second floor.

Direct questions to Katrina Reyter, SETAF G1, at 634-7454.

The SETAF G1 will board application to the SETAF commanding general for final selection by Feb. 28 to meet the submission deadline of April 1.

The complete application and procedures can be downloaded from [www.rotc.usaac.army.mil](http://www.rotc.usaac.army.mil).

## Legal Education program seeks applicants

Office of the Staff Judge Advocate  
*Press Release*

The Office of the Judge Advocate General is now accepting applications for the Army’s Funded Legal Education program.

Under this program, the Army projects sending up to 15 active duty commissioned officers to law school at government expense, if funding permits.

Selected officers will attend law school beginning fall 2007 and will remain on active duty while attending law school.

Interested officers should review Chapter 14, AR 27-1 (The Judge Advocate General’s Funded Legal Education Program) to determine their eligibility.

This program is open to commissioned officers in the rank of second lieutenant through captain.

Applicants must have at least two but not

more than six years of total active Federal service at the time legal training begins.

Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test, contact the Education Center at 634-7698.

Applicants must send their request through command channels, to include the officer’s branch manager at AHRC, with a copy furnished to the Office of The Judge Advocate General, ATTN DAJA-PT (Ms. Yvonne Caron), 1777 North Kent Street, Rosslyn, VA 22209-2194, to be received before Nov. 1, 2006. Submission of the application well in advance of the deadline is advised.

Interested officers should contact Maj. Charles Lozano, Office of the Staff Judge Advocate at 634-7047.

# VHS welcomes assistant principal to Caserma Ederle

Story and photo by Laura Kreider  
*Outlook Staff*

“The most important part of teaching is being able to get the students to be passionate and lighting that fire when you see the sparkle in their eye, that you really hit something good with them,” said Chris Beane, who has been in the Department of Defense Dependent Schools for seven years and has been educating students for nine.

Beane arrived in Vicenza in late August to accept the position of Vicenza High School assistant principal.

Beane is not new to the school district, or to Italy, as he came here from Naples Middle School where he taught middle school history for the past seven years.

“When I taught history, I was very passionate, I really enjoyed history, so I think the students could feel that passion.

“I was excited that we were always doing new things, and I wanted to learn new things, so not only that I was teaching, but I was learning at the same time, and that’s great, because when the kids push you as a teacher, you kind of get a synergy between the two,” he continued.

Beane is a graduate of The Ohio State

University, and received a bachelor’s degree in Political Science. His education also includes a Graduate Teaching Certificate from Rider University and a Masters degree in Educational Leadership from the University of Dayton.

In his new position he thinks there is a good chance to have a profound effect on the learning environment in the school.

“I noticed before as a teacher you always have a tremendous impact on learning in the school, but as an administrator, you have a larger impact on the whole scale,” he said.

“It is another job. I like it because you can empower students and teachers. You have the chance to really empower them.”

Beane expects students to succeed and also encourages parents and members of the community to be involved in school.

“The school and the families work together because we are in the business of raising the children together,” he said. “We need the parents’ involvement. It’s very important that they know what their childrens’ classes are, that they know the teachers, that they are not afraid to come in to the school and communicate with them. This is the future of their children; their education opens up many more doors.”

## VMSCC raffle winner announced

**Congratulations to Patricia France, spouse of Sgt. Eand France, 14th Transportation Battalion, who was the winner of the Festa Italia Bazaar grand prize. The grand prize was a certificate for a two-night stay at the Edelweiss Lodge and Resort for two adults. Also included in the package was \$500 worth of gift certificates to spend during the stay which can be used on tours, food or at the Edelweiss Lodge gift shop. This year’s gross profit for the Bazaar was \$28,000, beating last year’s earnings of \$20,000, according to VMSCC officials. The money raised by the event, as well as other funds raised by the club, go to help support local events, and are given out in the form of scholarships to Vicenza High School youth, and more.**

## Community Job Fair set for Oct. 25

ACS Employment Readiness office  
*Special to the Outlook*

Looking for a job?

Come to the Community Job Fair sponsored by the Army Community Service’s Employment Readiness Program and explore the job options available to you.

Representatives from local hiring agencies, ACS and the Education Center will

be there to answer your questions.

The job fair is set for Oct. 25 from 11 a.m.-1 p.m. in the Davis Family Readiness Center, bldg. 108.

For more information about the job fair, or employment opportunities, contact the Employment Readiness Program office at 634-6884 or 7500, or 0444-71-6884 or 7500 from off post.

# The Outlook

Oct. 17, 2006 Vol. 39, Issue 41

**SETAF Commander**  
Maj. Gen. Frank G. Helmick

**USAG Vicenza Commander and Publisher**  
Col. Virgil S. L. Williams

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Story and photos by Laura Kreider  
Outlook Staff

The Vicenza Fire Department Open House was held at the fire station Friday in conjunction with Fire Prevention Week 2006.

"Fire Prevention week is an annual event and it always takes place the second week of October," said Christopher Bender, USAG Vicenza Department of Emergency Services, Fire Protection specialist, coordinator for this year's Fire Prevention Week. "My goal was to invite the community into our daily lives here at the fire station and see what we do. We also invited children in the community to write essays about fire safety using this year's theme 'Watch What You Heat, Prevent Cooking Fires'," he continued.

Bender explained that statistics show that teaching students at a very early age promotes good habits as adults.

"We got a lot of good feedback from the CYS group over at Child Youth Services. Our year of teaching students is actually sinking in," added Bender.

Children who participated in the Open House had also the chance to see a fire chemistry demonstration about this year's theme.

"The children were very perceptive, and I think we actually taught them that it is possible to have heat and fuel and oxygen and not have a fire, and then what to do if they see a fire," said Bender.

"If I see a fire I will call my parents right away, so we can leave the house," wrote Richard Andriolo, 7, in his essay, which participated in the Fire Prevention Week Essay Contest, age seven/eight category.

"Once I am finished cooking I will check if everything is off; for example if the gas knobs are turned to zero," wrote Vergilia Velez, 16, one of the two winners of the 11th grade group.



## Watch what you heat!

Far left and left: Two moments of the Fire Chemistry Demonstration presented by a Caserma Ederle Fire Protection Specialist, during the event.



Above: Maj. Gen. Frank G. Helmick, SETAF Commander, center, poses with Command Sgt. Maj. Earl Rice, SETAF CSM, the Fire Department Staff and the winners of Fire Prevention Week Essay Contest.

During the Essay Award presentation, Maj. Gen. Frank G. Helmick, SETAF Commander, thanked the Fire Department Staff. "We are very happy that these guys do the training that they do. They are always on call. There is no rest for firemen; they work 24 hours a day, seven days a week. They don't get holidays," he added.

"They have to be on their job and they have to be ready to go in a moment's notice because they can save a life.

Maj. Gen. Helmick also recognized the children for the good work on their essays on display at the Fire Station.



Left: Participants get ready to cut the cake at the annual Fire Prevention Week Fire Department Open House, Oct. 13.

# How to *properly* dispose of hazardous waste on post

By Beate Krug

AMEC Earth & Environmental  
DPW Environmental Division

What is hazardous waste? According to the Environmental Protection Agency: "Hazardous waste is a waste with properties that make it dangerous or potentially harmful to human health or the environment.

The universe of hazardous wastes is large and diverse.

Hazardous wastes can be liquids, solids, contained gases, or sludges. They can be the by-products of manufacturing processes or simply discarded commercial products, like cleaning fluids or pesticides."

This means, hazardous waste, or *rifiuti pericolosi* (dangerous waste) as it is called in Italy, are basically things that do not go

into a normal garbage dumpster or recycling bin.

However, there is a distinction between household (residential) HW and HW that is generated from activities related to work – such as HW from tactical units or support organizations on post.

Examples for household HW include left over paint, expired cleaning materials, garden chemicals and other products that we normally do not think of as hazardous as they are generally only small amounts that are generated periodically.

That is, unless you are in the process of a ETS/PCS move, where the movers have made a pile of the material they cannot (by law) ship to your next home. These items include all your household cleaners, your gardening chemicals, car care products, and even the



Reginal Gillespie, who works at the Hazardous Substances Control Center, located in bldg 275, next to the Commissary, inspects a freezer dropped off by an office on post.

propane tank for the barbecue. The right place to bring your household HW is the on post Eco-Center at Building 445, behind the Ederle Inn, but this is only if the waste derives from non work-related activities.

Non-household HW includes expired hazardous materials such as expired paints, ammunition, POL products, non-controlled pharmaceuticals, NBC gear (filters, suits, testing equipment, and decontamination chemicals), and out-of-date cleaners, developers, and used process chemicals such as oily wastes (liquid and solid), paint booth wastes, back up computer power sources, some specialty printing cartridges, old refrigerators, air conditioners...the list goes on.

If in doubt, call the Environmental Division at 634-8937. Remember that in Italy even the

empty containers of hazardous materials are considered hazardous waste.

If you are part of a unit, organization, or agency within the garrison and the HW you want to dispose of was generated during your work operations, bring your HW to the Hazardous Substances Control Center, located at bldg 275, located across from the commissary. The HSCC contractor can be reached at 634-7563/8729, or 0444-71-7563/8729 from off post.

Do not take office HW to the Eco-Center. There are a few exceptions to these, such as ammunition, which should go to ASP #7, or truck batteries, which should go to IMMA at Building 207. If you are in doubt, bring your HW or excess HM to bldg 275 or call the DPW Environmental Division at 634-8937, or 0444- 71- 8937 from off post.



Residential hazardous waste is to be taken to the ECO Center, located behind the Ederle Inn. (Photos by Diana Bahr, USAG Vicenza Public Affairs)



# Salsa lesson’s spice up Camp Darby Hispanic Heritage month

Story and photo  
by Staff Sgt. Joyce Costello  
AFN Livorno

The upbeat music swings through the air while couples swing their hips to the beat of the music.

Capt. Raul Rovira looks around the room to make sure everyone has mastered the first move before calling out the next.

With the heat of the music and the closeness of bodies, you might think you were in Cancun enjoying life.

But instead, it’s Camp Darby community members taking advantage of free Latin dance lessons in celebration of Hispanic heritage month.

Dance instructor for the evening, Rovira first learned the *salsa*, *merengue* and *bachata* in the spring of 1995 at the University of Massachusetts at Amherst. He modestly recalls not feeling like he was very good at it, but his instructor believed otherwise and asked him to help teach the class for the following semester.

Rovira believes that in Latin dancing, the lower body is walking a certain way to the

beat, while the upper body is doing something else. The much-associated swinging of the hips is really just a result of the walk.

But Rovira didn’t limit teaching Latin dancing to just his college days. While deployed to Hungary in 2001, he taught a class for 36 Friday nights in a row.

He started with six people and by the end of the five weeks, the USO hall was always packed with service members dancing the Friday night away.

Rovira says he likes dancing because it gives him happiness and takes his mind off all the worries of the day.

Teaching dance is also a passion that gives him a sense of sharing something positive.

Rovira gave more free lessons again at Camp Darby’s “Fiesta Night” Hispanic food tasting Saturday, at the Darby Community Center.

**CPT Rovina demonstrates dance steps with his wife of four years, Regina, during free Latin Dance lessons held at the Camp Darby Community Club. The lessons were part of Camp Darby’s Hispanic Heritage Month celebration**



## Camp Darby kicks off Biggest Loser event

# “Am I really a loser?”

By Staff Sgt. Joyce Costello  
AFN Livorno

My alarm clock goes off at ‘o-stupid-early’ and I lay there wondering if I really have to get up and go to the gym even though it’s not a PT day.

“Am I really a permanent loser?” I wonder with my eyes half open as I drive to the base. I’ve lost a lot of things in life, a few friends, a few loves, a whole bunch of brain cells during the college years not to mention hundreds of pounds of cellulite.

Of course, some loves find their way back despite being dropped off in the desert and those pesky little cellulite cells just seem to come back with a vengeance as I get older.

I wonder what is going to make this time different, if I can lose those extra pregnancy pounds.

When I saw the flyer for Camp Darby’s ‘Biggest Loser’ at the community mail room, I wondered if the big screens of America had come to little, ole’ Camp Darby and if this is as close to being on a reality show as I’m going to get.

I finally drag myself into the gym for the moment of truth, the first weigh in. I reluctantly step up on the scale and exhale as the program director, Kendra Sexton, records in her little black book how much I

weigh and my body fat. And while I’m glad she didn’t make me dress in spandex like the TV show, I know that each day is going to be a battle with lessons to learn.

This may just be a 15-week competition; but it’s something special I can do for myself.

So far, 50 Camp Darby residents stepped on the scale and each of us has our own private conflict.

While the program does offer classes on nutrition, proper fitness techniques and weigh ins, showing up and doing the work is on the individual.

“We’re considering this a self-motivated program, so if they don’t show up for anything – it’s their loss,” said Sexton. “But if they’re here and they learn and they incorporate things, then we hope we’ll see great gains, or should I say losses, in the fitness program.”

After the weigh in and fitness assessment, Sexton armed the participants with a pedometer, elastic tubing and booklet of suggestions, and sent us on our way.

I look at my elastic tubing and wonder if I can stretch it around my refrigerator and drag it behind me.

Every two weeks, I’ll provide a bit on how the program is going on a personal level and a about observations about the gym and other “competitors,” etc.

## Soldiers’ Theatre takes awards in Germany

The 12th annual festival held Oct. 5-8 at Heidelberg’s Roadside Theater featured 17 plays and also served as the regional “contest” in the current festival cycle sponsored by the American Association of Community Theatre, which created Region Ten (Overseas Military Theatres) in 1997 to recognize the high level of theatrical activity by American military companies outside the US. Soldiers’ Theatre cast received awards to include: 2nd Place for Best Director for Bonnie Daniels;3rd Place Best Actress for Mia Segura; 1st Place Best Supporting Actor for Spc John Mendez; 2nd Place Best Featured Actress for Rosie Malone; and Special Best Sound Design for Bonnie Daniels. Mendez was also selected as one of seven finalists for the Monologue Workshop and he presented his monologue to the entire festival audience. (Photo courtesy of Soldiers’ Theatre)

## Health clinic worker honored for 50 years of service to American community

By Laura Kreider  
Outlook Staff

After receiving a Certificate of Appreciation Sept. 14 for her 50 years working in the Vicenza military community, Nora Barbato, U.S. Army Health Clinic Vicenza Budget officer, was also presented a 50-year service award by Brig. Gen. David Rubenstein, European Regional Medical Command commander, Oct. 12.

Receiving these awards was a surprise, commented Barbato, who was not expecting the one from Maj. Gen. Frank G. Helmick, SETAF commander.

“It was really a surprise and it made me feel great,” said Barbato. “I started my career in Verona, when the SETAF Headquarters was there, and I worked in Verona for about

five years. Then, after getting married I moved to Vicenza. I have always worked with the medical command.”

She explained that she plans on prolonging her job career because she really enjoys working at the clinic.

“The clinic gave me the opportunity to advance. I never experienced working off post, but the relationship with my bosses and the American community has always been pleasant,” she continued.

“If my health is good, I will remain for a while. I would like to see the new medical center, which will replace the clinic.

I feel like my job is not hard at all: they trust what I do, they believe in what I am doing and I feel free to do whatever is the best for the government.”



# Out & About



By Dorothy Spagnuolo

## Events in the area

In *Piazza dei Signori*, Vicenza celebrates its 24th Chestnut festival Oct. 21-22 starting in the early afternoon both days.

In the Palladio Museum in *Palazzo Barbaran da Porto*, in Vicenza, see architectural designs by Michelangelo.

It includes a newly-discovered drawing of Vicenza's Palazzo Tassi-Galli, which the curator of the show says may have been designed by Michelangelo.

Open Tuesday-Sunday from 10 a.m.-6 p.m., closed Mondays, until Dec. 15. Entrance fee is 5 euro.

**Films in the original language**, to include: "All the King's Men," "World Trade Center" and "Flags of our Fathers" will be shown at the Odeon cinema, located on Corso Palladio downtown, every Monday until March 2007. The films are shown three times a day usually with the first show starting at 5 p.m. The program is being finalized but the first already decided "United 93" will be shown on Oct. 23 at 5, 7 and 9 p.m. Tickets cost 6 euro and are available at the cinema box office.

In the town of Costabissara underneath the loggia of Villa San Carlo see a free regional mushroom exhibition and regional medicinal plants that can be found in the area from 9 a.m.-7 p.m. Oct. 22.

## Art exhibition

The exhibit, ArtVerona, to be held Oct. 20-23 in Verona's exhibit grounds is divided into various exhibition areas each devoted to one of the great movements and trends of modern and contemporary art. Each exhibiting gallery in the

various sections will show the visitor works by artists from the relevant period. Last year there were 142 exhibitors present and saw over 18,000 visitors. Open Oct. 20-22 from 10:30 a.m.-8 p.m. and Oct. 23 from 10:30 a.m.-3 p.m. Entrance fee is 10 euro.

## Road marches

The Venice marathon starts at 9 a.m., Oct. 22 in Stra, a few kilometers east of Padova, then runs through the small towns of the Brenta Riviera, past the Venetian bridges and villas to arrive at the unique finishing line at *Riva dei Sette Martiri*, on Venice's waterfront. There is also a non-competitive three-kilometer fun walk open to children and a pasta party. Get details from [www.venicemarathon.it](http://www.venicemarathon.it)

The road march *StraPadova Viva* will take place on Oct. 22 at 9 a.m. from in front of the loggia Amulea, near Prato della Valle. The distances are 2, 6, 11 and 18 km.

This edition is called "Padova from Giotto to Mantegna," and stops will be made along the way to see the works of Giotto and Mantegna, were there will be reduced entrance fees to see the works. The proceeds of the march will go to charity.

In *Prato della Valle*, the monthly antique market will take place, find more than 350 vendors.

## International exhibition of illustrations for children

An exhibition in the town of Sarmede, province of Treviso,

entitled *Le Immagini della Fantasy*, The Images of Fantasy, in its 24th year, will run from Oct. 21-Dec. 17 in the municipal hall of this small town.

The collection holds works of 40 artists from 20 countries. More than 300 original works by artists worldwide offer visitors a fantastical journey through the fables, legends and stories of the various countries, told in art works.

Within the main exhibition there are two special sections, one is dedicated to the Slovakian artist, Dusan Kallay, and the other to this year's theme "Tales from Africa." Open weekdays from 9 a.m.-1 p.m., 2-4 p.m. and 8-9:30 p.m.; weekends from 10 a.m.-12:30 p.m. and 2:30-9:30 p.m.

## Wine tasting

Wine tasting will take place in Hotel Petrarca in the town of Montegrotto Terme, province of Padova, on Oct. 20 from 3-10 p.m. and Oct. 21 from 11 a.m.- 8 p.m. The wines, 130 in all, are from the Colli Euganei area and there will also be a buffet of cold cuts and cheese. Entrance fee is 10 euro.

## EuroChocolate festival

The city of Perugia is a haven for chocolate lovers with a rich cornucopia of chocolate exhibits, tasting and chocolate-themed attractions in this town that was the birthplace of the famed bittersweet chocolate and hazelnut concoction, Perugina. This year is the 10th anniversary and runs through Oct. 22. Check the Web site for times and events each day in Italian only [www.eurochocolate.com](http://www.eurochocolate.com)

# Now Showing

## Caserma Ederle Theater

Oct. 17	CLOSED	
Oct. 18	Zoom (PG)	7 p.m.
Oct. 19	Taledaga Nights: Ballad of Ricky Bobby (PG13)	7 p.m.
Oct. 20	The Guardian (PG13) The Descent (R)	7 p.m. 10 p.m.
Oct. 21	Step Up PG The Guardian (PG13)	4 p.m. 7p.m.
Oct. 22	Step Up (PG) The Descent (R)	4 p.m. 7 p.m.
Oct. 23	CLOSED	
Oct. 24	CLOSED	

## Camp Darby Theater

Oct. 20	The Last Kiss (R)	6 p.m.
Oct. 21	Lady in the Water (PG13)	6 p.m.
Oct. 22	Step Up (PG13) My Super Ex-Girlfriend (PG13)	2 p.m. 6 p.m.

## Movie Synopsis

**STEPUP** - *Channing Tatum, Jenna Dewan*. Tyler is a rebel from the wrong side of Baltimore's tracks. Nora is a privileged ballet dancer attending Baltimore's ultra-elite Maryland School of the Arts. When trouble with the law lands Tyler with a community service gig at Maryland School of the Arts, he arrives as an angry outsider, until his skills as a gifted street dancer draw Nora's attention.

**THE DESCENT** - *Shauna MacDonald, Natalie Mendoza*. Six girlfriends meet in a remote part of the Appalachians for their annual caving trip. The girls soon learn that Juno, the thrill-seeking leader of the expedition, has brought them to an unexplored cave and that as a result no knows where they are to come rescue them. The group splinters and each push on, praying for another exit but there is something else lurking under the earth.

**THE GUARDIAN** - *Ashton Kutcher, Kevin Costner*. After losing his crew in a fatal crash, legendary rescue swimmer, Ben, is sent to teach at "A" School, an elite training program for Coast Guard rescue swimmers. Wrestling with the loss of his crew members, he throws himself into teaching, turning the program upside down with his unorthodox training methods. While there, he encounters a young, cocky swim champ, Jake, who is driven to be the best.

Admission: Adults age 12 and over \$4, children \$2.  
The Ederle Theatre box office opens one hour prior to show time.

# Classified Ads

**Editor's Note:** Caserma Ederle community members are able to place free classified ads (not personal or personal services ads) on the MWR Web site: [www.vicenzamwr.com/marketplace](http://www.vicenzamwr.com/marketplace).

Every Tuesday at noon, *The Outlook* editor will go to the MWR Web site and copy the ads. These ads will appear in *The Outlook* one week later.

**The Outlook and Directorate of MWR are not responsible for any errors in the advertisement, so it's up to the seller to ensure the correct price, e-mail, etc. is listed.**

Photos accompanying the advertisement will not appear in *The Outlook*. Because *The Outlook* has limited amount of space available, editing of the classified ad may take place. *The Outlook* will not take classifieds over the phone, by e-mail or fax.

If you would like more information or contact information on an item you see listed here, visit the MWR Web site: [www.vicenzamwr.com/marketplace](http://www.vicenzamwr.com/marketplace).

**Louis Vuitton Pet Carrier:** Fashionable pet carrier for dogs up to 10pds. Comes with lock, dust bag and tags. \$150

**1996 Chrysler Grand Caravan SE**, 103K miles, Dark Blue, CD player, Good condition, \$3,000.

**2005 Jeep Liberty:** Sport Package; 6 CD Changer; Automatic; 18,000 miles; 2.8 Liter Turbo Diesel. \$18,000 price negotiable.

**Ceramic Doll collection:** 30

Euro for entire collection.

**Dust Buster:** 220v, 5 Euro

**Dining Room Table with 4 Matching Chairs:** Light pine, expandable, \$400 or 325 Euro

**3 yr old Female Belgian Malinois** (Belgian Shepard)With papers Has all shots, great with kids and other animals, housebroke, knows basic dog commands, loves to play fetch, needs someone who like walk or run often.

**4 220V fans for sale:** 15 Euro each.

**Baby Bouncy Chair:** It vibrates too. 5 Euro.

**1991 Ford Sierra 2.0:** PSC'ing and need to sell. 5 speed manual. Runs great! New CD player and tires. Sunroof/moonroof. Dark Grey with grey interior. Has 180K kms. Asking \$1,100 or best offer.

**1993 Fiat Tipo:** Hatchback Runs great Great gas mileage800 Euro /

**Multisystem DVD Player:** Plays both European and American DVDs. 20 Euro

**1998 Ford Fiesta:** , 4-Door, Manual, 1.41 Engine, 75 HP, Good Gas Mileage, Radio/Cassette, Anti-Theft Device, Driver/Passenger Airbag, Comes with Snow Chains, Biannual Services Performed, Power Locks/Windows, A/C. \$2,800.

**Microwave 220v:** 20 euro

**220v Cappuccino/Espresso Machine:** 50 euro

**220v Electric Grill:** 10 euro

**220 V Food Processor w/ Blender:** 40 euro

**Child's Ball Pen:** Has

approximately 200 balls. 30 Euro.

**Toddler Horse:** Push with your feet, 5 Euro

**Toddler motorcycle:** Push with your feet, 5 Euro

**Rocking Zebra (Horse):** All plastic, 10 Euro.

**Dishwasher and oven - 220 Volt:** Built-in style. Good condition. Works great. The stove has a stainless steel and glass front. The dishwasher has a white front. Dishwasher \$150 Oven \$75

Child play house WANTED.

**Looking for good home: For** One-year old mini lab, 3-year-old Jack Russel terrior, and 1 year old cat. Moving and cant take pets. Need good home quickly.

**220v Power Tools:** Circular Saw still in box and never used. 20 Euro Electric Screwdriver. Opened, never used, 10 Euro. Battery Powered Drill: Opened; never used, 20 Euro.

**Bowflex xtreme 2** Purchase for \$1,600 asking \$900 OBO.

**Whirlpool/refrigerator:** white w/top and bottom doors can be changed to open from left or right, measures 66"h x 29.5"w x 29"depth asking price \$200.00 or best offer.

**Crib, Walker, Microwave and More!** 3-in-1 Crib turns to toddler bed, has a barely used mattress -\$70. Baby Walker \$15. Microwave \$15. Entertainment Center with bookshelves on both sides, large enough for a widescreen tv, chestnut wood-like color. asking \$400. Matching coffee table \$40. Bathroom mirror, white with mirrors on both door panels, asking \$50.



*Here's looking at you!*

## Vicenza High School youth participate in health screening

Story and photos by Laura Kreider  
Outlook Staff

The annual Vicenza High School vision screening was held Oct. 3 and 4 to identify children needing professional eye services, height and weight screenings.

"The vision screening test is to separate those children who probably have no vision problems from those who should be examined by an eye doctor for potential problems and possible treatment," said Susan Vanderbeek, VHS nurse.

Parents who receive a vision referral for their child will need to schedule a full follow up routine vision appointment.

For children who qualify, the Bright Eyes program is available through the School Liaison Office.

The Bright Eyes Program provides reimbursement for eyeglasses to children who are currently enrolled or qualify to participate in the Free School Lunch Program. For those

children who need eyeglasses, once eligibility has been verified, you will be issued a check for \$100 to help defray the cost of eyeglasses. The check will be issued upon receipt of proof of purchase.

Bright Eyes is supported by funds generated by the Vicenza Military Spouses and Civilians Club through their fund raising activities. All information is confidential. This is truly a cost saving program for qualifying families.

Call Nori McColl, Schools Liaison Office, at 634-5998 for more information.

The Vicenza Health Clinic staff and the garrison's Health Promotion Coordinator also gathered at the high school to perform height and weight screenings of the students.

"The results will help establish the local community profile and will be used to identify the needs of the student population and the adequate interventions and programs to be implemented in the near future," explained Lesley Gomez, USAG Vicenza Health Promotion Coordinator.



A Soldier from the U. S. Army Health Clinic-Vicenza Optometry section checks a student's stereo vision and ocular deviations as part of the vision screening held at the VHS Media Center.

*U.S. Army Europe teams capture top-10 finishes*

## Special Troops Brigade Soldier finishes ninth in Army 10-miler



More than 24,000 runners begin the start of the Army 10-Miler race held Oct. 8.

Story and photo by Ray Johnson  
USAREUR Public Affairs Office

The U.S. Army, Europe men and women's running teams captured top-10 finishes in

their respective divisions during the 2006 Army 10-Miler race held in the greater Washington, D.C. area Oct. 8.

The 16 Soldiers joined a record crowd of 24,000 registered runners tackling the course

that kicked off at the Pentagon, passed the John F. Kennedy Center for the Performing Arts located along the waterfront in the nation's capital, and snaked around various monuments on the National Mall before returning to the starting point.

This year's event included runners from all 50 states.

The USAREUR women's team, led by 2nd Lt. Amanda Newsom, finished fifth out of 19 teams in the Active-Duty Open Women's Division with a combined time of 4 hours, 50 minutes, 53 seconds; while placing 96th out of 650 teams.

Newsom, 23, crossed the finish line in 1:09:34 – placing her 9th out of 55 competitors in her age group; 73rd out of 6,619 women runners and 786th overall.

Capturing the other top-three spots for the USAREUR women's team (the top four times from each eight-member team counted toward competition) were: Capt. Christy Barnicle, 1:12:21; Capt. Elizabeth Barnaby, 1:12:48; and Sgt. Genevieve Rochefort, 1:16:12. Also representing the command were Spc. Jennifer Lewis, 1:16:46, 2nd Lt. Sarah

Kessler, 1:18:30; Maj. Joanne Nowak, 1:19:49; and Sgt. Elizabeth Gonzalez, 1:24:14.

Competing in her first Army 10-Miler, Newsom said she was honored to represent every member of her organization, the 173rd Special Troops Battalion, located in Bamberg, Germany.

"Representing your unit, your command and the Army as best as you can, is what the race is all about," she said.

The men's team, led by Col. Michael Buley, finished sixth out of 29 teams in Active-Duty Open Men's Division with a 3:59:08 finish, placing 16th overall.

Buley, 46, finished in 59:20 – averaging less than six minutes per mile – which put him 7th out of 1,127 competitors in his age division, 101st out of 8,970 male runners and 102nd overall.

Right behind Buley were Spc. Richard Munson, 59:40; Staff Sgt. Barry Brill, 59:44; and Staff Sgt. Bradley Glosser, 1:00:25, along with Capt. Tanner Clark, 1:00:50; Maj. Michael Cohen, 1:02:17; Master Sgt. Ronald Wallace, 1:06:57; and Sgt. Angel Pena (time not available).



A pediatrics nurse at the U. S. Army Vicenza Health Clinic, checks the weight to complete the assessment of one of the 290 Vicenza Middle/High School students who were checked at the High School level. The Vicenza Elementary School students' screening took place Oct. 4.



A Soldier with the U. S. Army Health Clinic-Vicenza, Optometry, right, checks visual acuity of a student from Vicenza High School, Oct. 3.